VOLLEYBALL OFFICIAL RULES

Volleyball is conducted under the rules of International Federation Netball Association (I.F.N.A.) unless otherwise stated, in conjunction with the SACSSGSA Rules.

Please note these rules have been simplified for the benefit of the completion, for all rules see website link on last page.

1. COURT
   a) The playing court is a rectangle measuring 18 x 9 m.
   b) The surface must be flat, horizontal and uniform. It must not present any danger of injury to the players. It is forbidden to play on rough or slippery surfaces.

2. TEAMS
   a) A team consists of up to 12 players.
   b) The players not in play should sit on their team bench.
   c) The game starts with the captain tossing the coin to decide whether to serve or receive and which end they would like to start at.

1. SCORING
   a) A team scores a point:
      successfully grounding the ball on the opponent’s court;
when the opponent team commits a fault;
when the opponent team receives a penalty

b) Fault

A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the rules:

If two or more faults are committed successively, only the first one is counted;
if two or more faults are committed by opponents simultaneously, a DOUBLE FAULT is called and the rally is replayed.

c) Rally and completed rally

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in the award of a point.

If the serving team wins a rally, it scores a point and continues to serve.
If the receiving team wins a rally, it scores a point and it must serve next. They may change rolls after each set if agreeable.

d) A set (except the deciding 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).

2. POSITIONS ON COURT

a) There must always be six players per team in play
b) The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set.
c) At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).
d) The positions of the players are numbered as follows:
the three players along the net are front-row players and occupy Positions 4 (front-left), 3 (front-centre) and 2 (front-right);
The other three are back-row players occupying positions 5 (back-left), 6 (back-centre) and 1 (back-right).
e) After the service hit, the players may move around and occupy any position on their court and the free zone.

3. ROTATING POSITIONS

a) The rotational order is determined by the team's starting line-up and controlled with the service order and players' positions throughout the set.
b) When the receiving team has gained the right to serve, its players rotate one position clock-wise: the player in position 2 rotates to position 1 to
serve, the player in position 1 rotates to position 6, etc.
The ball only has to touch any part of the boundary line to be called in.

4) TEAM HITS
a) A hit is any contact with the ball by a player in play.
b) The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball.
   If more are used, the team commits the fault of “FOUR HITS”.
c) A player may not hit the ball two times consecutively

d) Two or three players may touch the ball at the same moment. When two (or three) team-mates
   touch the ball simultaneously, it is counted as two (or three) hits (with the exception of blocking).
e) When two opponents touch the ball simultaneously over the net and the ball remains in play,
   the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the
   fault of the team on the opposite side.
f) Throw ball up before hitting. (You are not allowed to hit the ball straight off your hand there
   must be a gap).

5) CHARACTERISTICS OF A HIT
a) The ball may touch various parts of the body, provided that the contacts take place
   simultaneously.
   Exceptions: at blocking, consecutive contacts may be made by one or more player(s), provided
   that the contacts occur during one action; at the first hit of the team, the ball may contact
   various parts of the body consecutively, provided that the contacts occur during one action.
   It is a fault, during the reception of service, to make a double contact or catch using an
   overhand finger action

6) FAULTS IN PLAYING THE BALL

g) FOUR HITS: a team hits the ball four times before returning it. 9
    ASSISTED HIT: a player takes support from a team-mate or any structure
    CATCH: the ball is caught and/or thrown; it does not rebound from the hit.
    DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of
    his/her body in succession Don’t let the ball hit the ground or attempt to catch it.

7) BALL AND NET
a) While crossing the net, the ball may touch it.
b) A ball driven into the net may be recovered within the limits of the three team hits.
c) Contact with the net by a player is not a fault, unless it interferes with the play.

8) BLOCKING
a) Blocking is the action of players close to the net to intercept the ball coming from the
   opponent by reaching higher than the top of the net, regardless of the height of the ball
   contact. Only front-row players are permitted to complete a block, but at the moment of
the contact with the ball, a part of the body must be higher than the top of the net.

b) Blocking a Block - Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers, provided that the contacts are made during one action. You cannot block a serve.

c) **SCORING**

a) RALLY POINT scoring system will be used with sets being played to 25 points,

b) If the last set is unfinished at the end of the allotted time, then it will count as a set if over 11 points, with a minimum 2 point lead.

c) A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved.

d) No time-outs in the last 5 minutes.

e) All sets are “Rally Point”.

f) Each team is allowed 2 time outs per set. (30 seconds each).

g) As matches are “Time Limited”, play as many sets as possible within the allocated time. (Don’t stop at 3-0 or 3-1).

h) The Venue Coordinator is to supply the score sheets- these must be used.